

Spicy New Potatoes

- 24 small new potatoes, halved, boiled with a little salt until soft
- 1 T olive oil
- 2 onions, chopped
- 5 cloves garlic, chopped
- 1 t each turmeric powder, sea salt
- 1 T paprika
- freshly ground black pepper
- 1-2 green peppers, chopped
- 1 green chili, finely chopped, or 1/2 teaspoon chili powder or sauce
- 1 can whole plum tomatoes, roughly chopped (juices included)

Sauté onions in olive oil until softened and browned. Add the garlic and sauté for an additional 1-2 minutes. Add the turmeric, paprika, salt and pepper. Cook for 1 minute, then add tomatoes, chili and green pepper and cook for 3 minutes. Mix in the potatoes and cook, covered on low, for 3 minutes. Serves 6.

The Very Best Scrambled Eggs

- 1 T unsalted butter
- 8 large eggs
- 1/4 c milk
- sea salt and freshly ground black pepper
- 1/4 c chopped herbs: dill, parsley or chives

Use a fork to beat eggs, yolks, milk, salt, and pepper just until eggs are blended.

Melt butter in 10 inch nonstick pan over medium-high heat, then tilt to coat pan. Add egg mixture, and, using a rubber spatula, gently scrape it along the bottom of the pan to turn the eggs until the eggs no longer run into the clearing. Add herbs and immediately reduce heat to low. Cook, turning gently for 30 to 60 seconds longer until the eggs are just slightly wet. Serve immediately. Serves 4-5.

Jittery Cook